



Upland Recreation & Community Services Division

Week of September 21, 2020

A Helpful Handbook

- A List of Helpful Phone Numbers
- Encouraging Words
- Resources & A Word Search Puzzle
- From Us To You, To Help You Get Through These Unsettled Times



The Gibson Senior Center Staff
would like to express that you are all in our thoughts,
and even though our senior center is closed to the public,
the staff is still here working Monday - Friday, 8:30 a.m. to 5:00 p.m.
to take your calls and answer any questions or concerns you may have.

George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786
(909) 981-4501

Hello To Our Seniors!
Hope everyone is doing well!

It's hard to believe Fall is here and before you know it, the holidays will be too! Even though we remain closed to the public, staff is still here working our hardest by planning and putting together upcoming "Social Safety" events that hopefully bring you the resources and information you need.

In this issue, you will find more ways on how to prepare for emergencies for the rest of September's "National Preparedness" Month.

And with the flu season just around the corner, we still plan on offering our Annual Health & Wellness Fair, along with our Flu Shot Clinic! There will be vendors here in the parking lot, COVID-19 Tests, as well as a \$3.00 BBQ Grilled Hot Dog Lunch Box!

Because your safety in participating in these events are important to us, we ask for your continued patience when attending.

We ask that you arrive at your assigned time slots for the flu shots, as well as the COVID-19 Testing. We ask that you continue to wear your facial masks, as well as respect the 6 ft. distance guidelines that our County has enforced.

It makes us very happy that we can continue to serve you.

As always, Stay Safe!



Recreation & Community Services Division

2020 Health & Wellness Fair!

Grilled Hot Dog
Lunch Box!
\$3.00

Friday, October 9, 2020
8:00 a.m. - 12:00 p.m.



**The Gibson Senior Center Will Be Hosting
It's Annual Health Fair & Flu Shot Clinic!**

**Free COVID-19 Tests Will Be Offered By The County of San Bernardino
Public Health Department. Please Call 909 387-3911
To Schedule Your COVID Test.**

Flu Shots will be offered. Medicare & most Insurance plans accepted.

Please Bring Medicare & Health Insurance Card.

Please Call 909 981-4501 To Schedule Your Flu Shot.

Provided By: The logo for Albertsons VONS PAVILIONS, featuring a stylized blue and red 'A' followed by the text "Albertsons VONS PAVILIONS".

A Variety of Vendors Will Be On Hand!
&
A Grilled Hot Dog Lunch Box Will Be Available For \$3.00.

**Please Note, This Event Will Be In Compliance With The SB County
Safety Guidelines And Facial Masks Will Be Required.**

George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, CA 91786 (909) 981-4501

Ways You Can Prepare For Emergencies!

Be prepared for the unexpected.

Have an emergency plan and kit ready regardless of the type of emergency.

Share your plan with trusted family members & friends.

Food & Water

Keep at least three days of non-perishable food in an airtight, waterproof container, include a can opener in case food is in cans. Have at least three days worth of water (a gallon per day) for drinking and sanitation.

Medicines & Medical Records:

Keep a list of medications and if possible an extra supply of medicines taken on a regular basis in a waterproof container.

Important Documents:

Place copies of important documents in a waterproof container, if possible, original documents should be kept with a trusted family member or friend.

Helpful Necessities:

Battery powered radio, flashlights, extra batteries, first aid kit, whistle to signal for help, extra facial masks, handi-wipes, extra chargers for electronic devices such as cell phones, ipads & laptops.

And don't forget about your pets!

For more information,
please visit www.ready.gov/seniors
Or call 1 800 BE-READY.



Upland Recreation & Community Services Division

Grilled Hot Dog BBQ Lunch Box!



Friday, October 9th, 2020

11:00 a.m. - 12:00 p.m.

\$3.00



Tickets Available
For Purchase
Beginning
Wednesday,
September 16th!

Come Grab & Take A Freshly Grilled
Hot Dog Boxed Lunch!

Includes...

A Freshly Grilled Hot Dog, Chips,
Fruit Cup, Dessert & Water.

For More Information
Please Call
(909) 981-4501



George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786

**Local Grocery Stores
That Have Adjusted Their Hours For
Seniors 65 Years or Older**

Smart & Final

(909) 981-0250

Mountain Ave & Foothill, Upland

Opens at 7:30 a.m. For Senior Shopping

Stater Bros. Market

(909) 982-3514

Foothill Blvd & Mountain Ave, Upland

Opens at 7:45 a.m. For Senior Shopping

Stater Bros. Market

(909) 981-3237

Mountain Ave & 16th Street, Upland

Opens at 7:45 a.m. For Senior Shopping

Walmart Neighborhood Market

(909) 942-4931

Foothill Ave & Grove Ave, Upland

Opens Every Tuesday 6:00 a.m. - 7:00 a.m. For Senior Shopping

Whole Foods

(909) 579-2670

Baseline Rd & Monte Vista Ave, Upland

Opens 7:00 a.m. - 8:00 a.m. For Senior Shopping

Helpful Numbers

Food Assistance

CalFresh... (909) 912-6118 www.211sb.org

A Supplemental Food Assistance Program.

Community Action Partnership.... (800) 635-4618 www.capsbc.org

Offers Food Pantry County Wide As Well As Other Human Services

Feeding America Food Pantry.... (951) 359-4757 www.feedingamericaie.org

County Food Pantry

FSA (Family Service Association).... (951) 342-3057 www.fsaca.org

Senior Nutrition Program

Housing Issues

Inland Fair Housing & Mediation Board... (800) 321-0911 www.ifhmb.com

A HUD Approved Counseling Agency

Senior Human Services

Department of Aging & Adult Services.... (909) 891-3900

www.hss.sbcounty.gov/daas

Area Agency on Aging

San Bernardino County Resources.... 211 or 1-888 435-7565 www.211sb.org

Provides Elder Assistance, Food, Clothing, Crisis Services

COVID-19 TESTS (909) 387-3911 www.sbcovid19.com

Senior Resources

Aging Next.... (909) 621-9900 www.agingnext.org

Provides Senior Resources.

Senior Support

Alzheimer's Association of Greater Los Angeles... (844) 435-7259

www.alzheimersla.org

Provides support & services for those with Dementia & Alzheimer's Issues.

Inland Caregiver Resource Center.... (800) 675-6694 www.inlandcaregivers.org

Provides Support & Respite for Caregivers

West End Family Counseling.... (909) 983-2020 www.wefcs.org

Provides Senior Counseling.

Taxes

AARP Tax Aid Program... (605) 549-5168

Answers questions for those who have already filed taxes this year.

Transportation

ACCESS "Curb To Curb" OmniTrans.... (909) 379-7160 www.omnitrans.org

Door To Door Shuttle Services. Eligibility & Application Process.

City Offices

George M. Gibson Senior Center..... (909) 981-4501

Community Senior Center Offering Various Programs, Activities & Services

Upland City Hall.... (909) 931-4100

Upland Fire Department.... (909) 356-3805

Upland Police Department (Non-Emergency)..... (909) 946-7624

For Life Threatening Emergencies.... 911

Upland Public Works ... (909) 291-2930

Upland Recreation Department... (909) 931-4280

www.uplandca.gov



Healthy Foods

Hard Word Search

S X X D L L Q T S B W N O Q B Q O E C S B Z C I B X P M S W
 Z R D Y Q K O C T R P B A S N I C J E G R I R U Q X C E O C
 U B E H P M C B U O S K V V Y U I I I T O E A A M V L R O V
 V K H B A H W L N W W Q Y C T O R U Z W C Z N W B P W R X T
 N L L T M A N M L N S P Y T S R B K C V C I B F P Y T L N M
 T R O B H U M J A R V P E R E G K X O E O W E A M Z E L K N
 X E N Q X T C K W I E L I B B L Z M R D L C R K C Q X M Y N
 S K S F W A H U Q C O Q E N T M H Q A H I M R X D X K W I J
 G A G V N P S C C E V U M P A Z U V N D A A I Q U F J X A E
 B I T Y S E T L G U L R E G U C N X G Q Q F E F R X U T M G
 E J U T A P R L Z B Y S O N W X H U E O T X S I Q P B V O G
 A P K N G H A E W T E Y Q D L U S C S X J K C F A Y H L C S
 N P A C O L R L B E V L Q B F B Q Q V L B E G M I I H E Z S
 S M N A A L O B H U L L P Z O V S W M D O W N F B V A V Y N
 C S M F L S E C Y S G Z Y Y X R Z A O Q E K T N Q Y Q O R I
 T T W G A M H M I C P B I G E D P D M Q O B M O Q P C V R A
 R K G E A X O E R I O B X T K K X X V C G E Q D X O O B P R
 V H O K Q O G N W E H J A I F T D O L P G A N A H T R X E G
 N S F Q F O I W D S T W D F E A M N V S N Z R K X A N U W E
 O A T M E A L G F S S A L I X R O Y E S W Y K L Y T T P N L
 X C S V L P E V L A W E W X M M O F Z T R V T R V O Y T Y O
 O J P X I Q P E N F E Q C H L G Q U N O C V D Z W E T U C H
 S B Q K E R Z A B L L J D A U W C L O R C E P S Q S Q D A W
 E Q I E B M N O E B P G S R E C A C O R A I L X H R F A B L
 U X X S A A L E M O N S T L H U S D V A S W C E W W Y P L A
 W Y L I B N N M G X G N Q I Q Q B K U C K N D A R Y S G R F
 C H I C K E N L O G U D N R Y K O F X X X F U E L Y R E Y V
 T P Y C H H G M Q Z B I N F I C O N H I X B B C Q Z A X Z O
 P N K U V D N B M J V C O Z U T A P M U X S J U D N M Y O R
 V P O F D L H M Z Z O H Y G D C I T B S Q T S A X N X E P G

ALMONDS
 BEANS
 BROWN RICE
 CELERY
 CORN
 EGGS
 OATMEAL
 SALMON
 TOMATOES
 WATERMELON
 ZUCCHINI

APPLES
 BLUEBERRIES
 CARROTS
 CHEESE
 CRANBERRIES
 LEMONS
 ORANGES
 SPINACH
 WALNUTS
 WHOLEGRAINS

BANANAS
 BROCCOLI
 CASHEWS
 CHICKEN
 CUCUMBERS
 LETTUCE
 POTATOES
 TOFU
 WATER
 YOGURT